



Black Belt Grading Line Work 1st Kup to 4th Dan

At ANY grading of TKD the examiner can quite rightly expect you to know all aspects of the Tae Kwon Do syllabus, asking you to perform previous techniques from previous gradings

Content reflects the most common line work at each level from 1st Kup to 4th Dan

1st Kup – Black Stripe



FWD

Walking stance, low outer forearm block, rising block, reverse punch

BWD

L stance, knife hand guarding block, slip front leg into walking stance, upper elbow strike

FWD

Rear leg front kick, turning kick reverse punch into walking stance

BWD

Walking stance, double forearm block, keep front arm in position, lower arm low section block maintaining same stance

FWD

L stance, side kick, back kick into walking stance, middle reverse punch

BWD

First 3 moves of Won Hyo

FWD

L stance, turning kick, reverse turning kick, walking stance, leading hand reverse knife hand, reverse punch

BWD

First 2 moves from Toi Gye

FWD

L stance, front leg hook kick side kick combination, rear leg axe kick, land L stance forearm guarding block

BWD

Walking stance, double hooking block (obverse/reverse), obverse middle punch **then** L stance twin knife hand block

FWD

L stance, knife hand guarding block, front leg, front snap kick into walking stance, flat fingertip thrust

BWD

Fixed stance, U shaped block

FWD

L stance, rear leg, jumping side kick, with step (as in Choong Moo)

BWD

Walking stance, wedging block, L stance, knife hand strike

FWD

L stance, jumping front kick off rear leg without step, **then** pressing block in low stance

BWD

Walking stance, low section X fist pressing block then X fist rising block

Patterns

Examiner's choice / in groups

Student's choice (not grade) / all together

Choong Moo / in groups

Sparring

3 step or 2 step sparring

1 step sparring (Advanced)

Free sparring

1st Dan Black Belt



FWD

L stance low knife hand guarding block, slip front foot to walking stance, circular block

BWD

Walking stance double forearm block, reverse low block

FWD

Double turning kick, reverse punch walking stance

BWD

L stance horizontal punch (*Soopyong jirugi*)

FWD

Jumping turning kick NO step then pressing block in walking stance, normal speed

BWD

L stance U shaped grasp (*Po Eun*)

FWD

Low section then mid section side kick same leg, land in L stance inward knife hand strike

BWD

L stance X knife hand block then single upset punch, reaction arm to shoulder

FWD

Twisting kick land in walking stance double punch

BWD

Walking stance 9 shaped block (*Gutcha makgi*)

FWD

Turning kick, jumping side kick land in walking stance twin vertical punch, pull back to L stance guarding block

BWD

Walking stance, rising block, low block, double arch hand

FWD

Front leg hook kick, turning kick, rear leg axe kick, reverse punch

BWD

Jumping spinning back kick **then** walking stance inner forearm wedging block

Patterns

One coloured belt pattern, examiner's choice

One coloured belt pattern, student's choice

Gwang Gae / Po Eun & Gae Baek

Sparring

3 step or 2 step sparring

1 step sparring (Advanced)

Free sparring

2nd Dan Black Belt



FWD

Double side kick, spinning back kick, lead hand reverse knife hand **then** change legs immediately

BWD

First 4 moves of Ko Dang

FWD

Front leg, hook kick / side kick combination, rear leg axe kick into walking stance reverse punch

BWD

Walking stance double knife hand strike

FWD

Hooking kick, crosscut fingertip slash, into L stance guarding block

BWD

Walking stance wedging block / circular block / downward double palm block, rear foot stance, slide back into L stance low reverse knife hand strike

FWD

Rear leg front kick, turn kick / axe kick combination, same leg into walking stance, reverse punch, lead hand reverse knife hand

BWD

L stance, double pressing block **then** walking stance high section inward block, back fist strike

FWD

Jumping reverse turning kick 4 times **then** knife hand strike and reverse assisted back fist in X stance

BWD

Downward back hand strike opposite hand punch **then** into walking stance 9 shaped block

FWD

Front snap kick into walking stance reverse arch hand strike

BWD

Low knife hand guarding block in L stance, move rear leg back into walking stance, reverse palm strike

FWD

Twisting kick, low X fist pressing block, knife hand rising block, guard with kicking leg forwards

BWD

Downward elbow strike in L stance **then** low outer forearm block in walking stance

FWD

Jumping side kick with step

BWD

Jumping back kick 4 times then walking stance twin knife hand strike walking stance

Patterns

One coloured belt pattern, examiner's choice
One First Dan belt pattern, examiner's choice
One other First Dan pattern, student's choice
Ko Dang / Eui Am & Choong Jang

Sparring

3 step or 2 step sparring
1 step sparring (Advanced)
Free sparring

3rd Dan Black Belt



FWD

Double side kick, spinning back kick, lead hand reverse knife hand **then** change legs immediately

BWD

X fist pressing block, X fist rising block, twist hands back onto reverse hip then reverse middle punch

FWD

Front leg hook kick / side kick combination, rear leg axe kick into walking stance, reverse punch

BWD

Double forearm block, reverse low section block in a walking stance (*Yoo Sin*)

FWD

Back hand strike in L stance, crescent kick hitting palm heel, then side kick same leg. Finish in L with the back hand strike

BWD

U shaped punch in fixed stance

FWD

Rear leg front kick, turn kick / axe kick combination, same leg into walking stance, reverse punch, lead hand reverse knife hand

BWD

Twin low section punch in L stance (*Sam III*)

FWD

Jumping reverse turning kick 4 times **then** knife hand strike and reverse assisted back fist in X stance

BWD

Low outer forearm block in L stance, reaction arm to arm pit. Punch with reaction arm whilst reaction arm pulls towards shoulder (*Sam III*)

FWD

Reverse turning kick / side kick combination, front elbow strike, pull back to L stance guarding block with kicking leg forwards

BWD

Reverse inward outer forearm block, obverse punch (*Sam III*)

FWD

Twisting kick, low X fist pressing block, knife hand rising block, guard with kicking leg forwards

BWD

Knife hand rising block, circular block, obverse punch in walking stance (*Choi Yong*)

FWD

Jumping side kick with step

BWD

Jumping back kick 4 times **then** walking stance twin knife hand strike walking stance

Patterns

Two coloured belt patterns, examiner's & student's choice
Two of First or Second Dan belt patterns, examiner's choice
One First or Second Dan pattern, student's choice
Sam III / Choi Yong & Yoo Sin

Sparring

3 step or 2 step sparring
1 step sparring (Advanced)
Free sparring

4th Dan Black Belt



FWD

Forward movements and combinations varying from 1st Dan to 3rd Dan patterns (non-specific)

BWD

Backward movements and combinations from 1st Dan to 3rd Dan patterns (non-specific)

Backwards line work from 4th Dan patterns

BWD

Reverse pressing block in walking stance (*Se Jong*)

BWD

Inward outer forearm block rear foot stance, slip back foot into walking stance, inward palm heel block on reverse side

BWD

Double reverse knife hand block (*Tong Il*)

BWD

High reverse knife hand strike, opposite hand in front of head (*Ul Ji*)

Patterns

One coloured belt pattern, student's choice
Any First or Second Dan pattern, examiner's choice
Any First or Second Dan pattern, student's choice
Any First to Third Dan pattern, examiner's and student's choice
Se Jong / Ul Ji / Tong Il

Sparring

3 step or 2 step sparring
1 step sparring (Advanced)
Free sparring

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Remember, these are guidelines and may change

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